



Always Best Care

senior services®

Always Best Care Senior Services of Basking Ridge Newsletter

August 2022



Take Steps to Reduce Infection...

Germes such as bacteria, viruses, and fungi are everywhere! Some are helpful, while others can be very harmful and can cause serious disease or death. With proper infection control, the need for hospitalization is decreased and your loved one's quality of life can improve. If you have any concerns about infection control, please contact us at 908-484-1600 for advice on how to best care for your loved one. Until next month, be safe and stay hydrated during this summer season.



Keep Up with Immunizations & Infection Control

Germs are everywhere. Though the immune system often does a good job of protecting itself and fighting off bacteria and viruses, it can weaken as you age, or as the result of certain medical conditions or treatments. Fortunately, there are ways that you can support your immune system and overall health, especially as you get older...

[Read Article](#)



What Legal Documents Should Seniors Have?

Aging is a natural part of life, and there comes a time when seniors require more help. Whether they become injured, ill, or develop dementia, they may need someone to assist with decision making and ensure their affairs are in order. This can be a challenging time for families, but advanced planning can make the process run more smoothly...

[Read Article](#)

About Our Services

Since 1996, Always Best Care has helped families with non-medical in-home care and assisted living placement services. With Always Best Care, every client receives extraordinary care in an inspiring environment with caring people. Our Care Coordinators have worked with thousands of seniors across the country. We're here to serve you!



[Visit our Website](#)



Always in Touch

A friendly phone call each weekday for seniors and disabled adults. Always in Touch provides daily socialization and the reassurance that the senior "is not alone." Click the link below to enroll.

[Enroll Today](#)



Fall Risk Assessment

Millions of elderly people are treated in emergency rooms for fall injuries every year. Let our trained professionals help assess your fall risk before it happens.

[Learn More](#)



August Recipe: Cowboy Caviar

Cowboy caviar is a quick, refreshing dish made with pantry and freezer staples you're sure to have on hand. It comes together in minutes and develops more flavor as it sits in the fridge. A great dish to take as a dip to picnics, parties, or potlucks along with a bag of tortilla chips!

[Get the Recipe!](#)



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